

MULTI SMALL MILLETS BASED FOOD PRODUCTS

Tamil Nadu Agricultural University;

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MULTI SMALL MILLETS BASED FOOD PRODUCTS

A Technical Manual

**Prepared under
“Scaling up of small millet post harvest and nutritious
food products”**

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BREAKFAST FOODS

IDLI

Ingredients

kodo millet rice	180 g
little millet rice	1 80g
Barnyard millet rice	180g
Foxtail millet rice	1 90g
Black gram dhal	- 250 g
Fenugreek seeds	- 20 g
Salt	- as required

Method

- Soak small millet rice and black gram dhal separately for 4 hours and grind coarsely.
- Add salt, mix it evenly and allow it to ferment overnight.
- Pour batter into idliplates and steam cook for 10-15 minutes.
- Serve hot with chutney.

DOSA

Ingredients

Finger millet rice	- 140g
kodo millet rice	-140g
little millet rice	-150g
barnyard millet rice	-150g
Foxtail millet rice	-150g
Black gram dhal	- 250 g
Fenugreek seeds	- 20 g
Salt	- as required

Method

- Soak small millets rice and black gram dhal separately for 4 hours and grind into fine batter.
- Add salt, mix it evenly and allow it to ferment overnight.
- Apply oil on the hot dosa tava, pour batter and spread evenly.
- Cook till crisp dosa is obtained.
- Serve hot with chutney.

IDIAPPAM

Ingredients

kodo millet flour	-125g
little millet flour	-125 g
barnyard millet flour	-125g
Foxtail millet flour	-125 g
Sugar	- 250 g
Coconut milk	- 250 ml
Salt	- as required
Water	-as required

Method

- ❖ Steam the millet flour for five minutes.
- ❖ Blend steamed flour with salt and water thoroughly and extrude in an idiappam machine.
- ❖ Steam the extruded dough for 20-25 minutes
- ❖ Serve hot with coconut milk and sugar.

PANIYARAM

Ingredients

kodo millet rice	-150g
little millet rice	-150g
barnyard millet rice	-150g
Foxtail millet rice	-150g
Black gram dhal	- 200 g
Onion (chopped)	- 150 g
Cumin seeds	- 20 g
Curry leaves	- 20 g
Fenugreek seeds	- 20 g
Green chillies (chopped)	- 20 g
Oil	- as required
Salt	- as required

Method

- Soak small millets rice, black gram dhal and fenugreek seed separately for 4 hours, drain the excess water and grind into the fine batter.
- Add salt and allow it to ferment overnight.
- Add all the ingredients (chopped onion, curry leaves and chillies) and mix thoroughly.
- Apply oil to the paniyarammould and pour the batter.
- Cook both sides and serve hot with chutney.

PITTU

Ingredients

Finger millet flour	-120g
kodo millet flour	- 120g
little millet flour	- 120g
barnyard millet flour	- 120g
foxtail millet flour	- 120g
Jaggery	-200g
Shredded coconut	-200g

Method

- Add required amount of water and salt to millets flour and mix it thoroughly without lumps.
- Steam the flour for 20 -25 minutes.
- Add sugar and shredded coconut.
- Serve it hot.

ADAI

Ingredients

Finger millet rice	- 80 g
kodo millet rice	-80g
little millet rice	-80g
barnyard millet rice	-80g
foxtail millet rice	-80g
Red gram dhal	- 200g
Green gram dhal	- 150 g
Parboiled rice	- 150 g
Chilli powder	- 30 g
Cumin seeds	- 30 g
Asafoetida	- 20 g
Curry leaves	- 20 g
Oil	- as required
Salt	- as required

Method

- Soak millets rice, red gram dhal, black gram dhal and parboiled rice for 2 hours.
- Grind the soaked materials into coarse batter.
- Add red chilli powder, asafoetida, curry leaves, cumin seeds and salt to the batter and mix thoroughly.
- Apply oil on the dosa plate and spread the adai batter and cook.
- Serve hot with chutney.

CHAPPATHI

Ingredients

Finger millet flour	- 160g
kodo millet flour	-160g
little millet flour	-160g
barnyard millet flour	-160g
foxtail millet flour	-160g
Wheat flour	- 100 g
Onion	- 25 g
Drumstick leaves	- 20 g
Curry leaves	- 5 g
Coriander leaves	- 10 g
Green chillies	- 20 g
Cumin seed	- 1 teaspoon
Salt	- as required
Oil	- as required

Method

- Add salt and water to the flour and knead it into soft dough.
- Make round balls and roll to flat chappathi.
- Toast the chappathi on a preheated pan.
- Serve hot with any curry or gravy.

VENPONGAL MIX

Ingredients

Kodo millet rice	- 125g
little milletterice	- 125g
barnyard millet rice	- 125g
foxtail millet rice	- 125g
Green gram dhal	-300g
Cashew nut	- 100g
Curry leaves	- 20g
Cumin	- 30g
Pepper	- 30g
Ginger	- 20g
Salt	- as required
Oil	- as required

Method of Preparation

- Fry all the ingredients except rice with ghee.
- Cook the millet rice with three parts of water.
- Cook one part of instant pongal mix

SWEET RECIPIES

SWEET PONGAL

Ingredients

Kodo millet rice	- 100 g
Little millet rice	-100g
banyard millet rice	-100g
fox tail millet rice	-100g
Green gram dhal	- 200 g
Jaggery/sugar	- 300 g
Cashew	- 50 g
Raisins	- 50 g
Ghee	- as required
Cardamom	- as required

Method

- Boil water in a pressure cooker and dissolve jaggery in it.
- Add millet rice, dhal and allow it to cook well.
- Roast cashew nuts, cardamom and raisins in ghee and add to the cooked pongal.
- Sweet pongal is ready to serve.

HALWA

Ingredients

Finger millet flour	- 40 g
kodo millet flour	- 40g
little millet flour	- 40g
barnyard millet flour	- 40g
foxtail millet flour	- 40g
Wheat flour	- 100 g
Powdered sugar	- 350 g
Ghee	- 300 g
Cashew nuts	- 50 g
Milk	- as required
Water	- as required

Method

- Fry small millet flour and wheat flour with half the amount of ghee.
- Add fried flour to the boiled milk and water with continuous stirring to avoid lumps.
- When it solidifies, add sugar, ghee and cook to the required consistency.
- Add roasted cashew nuts and raisins when the solid mass leaves the sides of the pan.
- Spread on a greased tray and cut into pieces.

SWEET KOLUKATTAI

Ingredients

Finger millet flour	- 120 g
kodo millet flour	- 120 g
little millet flour	- 120 g
barnyard millet flour	- 120 g
foxtail millet flour	- 120 g
Jaggery	- 200 g
Shredded coconut	- 100 g
Roasted bengal gram dhal	- 50 g
Sesame seeds	- 50 g
Cardamom	- as required
Salt	- as required

Method

- Add required amount of water and salt to the small millet flour and mix it thoroughly.
- Prepare the filling by mixing shredded coconut, jaggery and cardamom powder.
- Flatten the dough on a plantain leaf.
- Fill the mixture on the dough and fold it.
- Steam cook the filled dough in *idlicooker* for 15 minutes.
- Serve it hot.

PAYASAM

Ingredients

Kodo millet rice	- 100 g
Little millet rice	- 100g
barnyard millet rice	- 100 g
foxtail millet rice	- 100 g
Jaggery	- 300 g
Cardamom powder	- 20 g
Cashewnuts	- 50 g
Raisins	- 50 g
Ghee	- 80 g
Milk	- 200 ml
Water	- as required

Method

- Boil milk and water for 10 minutes.
- Add small millet rice, jaggery and cook for 10 - 15 minutes.
- Fry cashewnuts and raisins in ghee.
- Add cardamom powder, fried cashewnuts and raisins to the kheer.
- Kheer is ready –to-serve.

ADHIRASAM

Ingredients

Kodo millet flour	- 60 g
Little millet flour	- 60 g
barnyard millet flour	- 60 g
Finger millet flour	- 60 g
foxtail millet flour	- 60 g
Raw rice flour	- 250g
Jaggery	- 500g
Cardamom powder	- as required
Dried ginger powder	- as required
Water	- as required
Oil	- for frying

Method

- Mix small millet flour and raw rice flour thoroughly.
- Sprinkle little water, mix it thoroughly and keep it for four hours.
- Mix jaggery with required water and heat to syrup consistency.
- Add jaggery syrup and stir the flour to make a smooth dough.
- Allow it to ferment overnight at room temperature.
- Flatten the fermented dough on a greased polythene sheet.
- Deep fry the flattened dough in hot oil for 2-3 minutes till it turns golden brown.

KESARI

Ingredients

Kodo millet rava	- 60 g
Little millet rava	- 60 g
Barnyard millet rava	- 60 g
Finger millet rava	- 60 g
foxtail millet rava	- 60 g
Sugar	- 400 g
Milk	- 100 ml
Ghee	- 100 g
Cashewnuts	- 50 g
Raisins	- 50 g
Water	- as required
Lemon yellow colour	- as required

Method

- Heat ghee in a pan, add small millet rava and fry till it turns light brown.
- Add sugar, milk and a pinch of required colour to water and allow it to boil.
- Add small millet rava to the boiling water with continuous stirring and cook for 15 to 20 minutes.
- Decorate with cashew nuts and dry fruits and serve it hot.

LUNCH

TOMATO RICE

Ingredients

Kodo millet rice	- 125g
little millet rice	- 125g
barnyard millet rice	- 125g
fox tail millet rice	- 125g
Tomato	- 300g
Onion	- 100g
Green chillies	- 50g
Curry leaves	- 20g
Ginger	-10g
Garlic	-10g
Turmeric powder	- 20g
Salt	- as required
Oil	-as required

Method of preparation

- Fry all the ingredients except rice.
- Add rice slowly with continuous stirring and cook the millet rice.
- Serve hot.

MILLET METHI RICE

Ingredients

Kodo millet	- 140g
little millet	-140g
barnyard millet	-140g
finger millet	-140g
foxtail millet	-140g
Oil	- 50g
Mustard	-10g
Black gram dhal	- 10g
Bengal gram dhal	- 10g
Methi leaves	- 120g
Onion	- 50g
Green chillies	- 20g
Lemon juice	- 10ml
Curry leaves	- as required
Turmeric	- a pinch
Salt	- as required

Method

- Fry all the ingredients except rice.
- Add water and boil the ingredients then, add rice slowly with continuous stirring and cook the millet rice for 20 min
- Serve hot.

BISBELLABATH MIX

Ingredients

Kodo millet rice	- 150g
little millet rice	- 150g
barnyard millet rice	- 150g
fox tail millet rice	- 150g
Red gram	- 50g
Bengal gram	- 50g
Coriander seeds	- 20g
Fenugreek	- 10g
Turmeric powder	- 10g
Brinjal	- 50g
Carrot	- 50g
Beans	- 50g
Potato	- 50g
Onion	- 50g
Green chillies	- 20g
Oil	- 10ml
Salt	- as required

Method of preparation

- Fry all the ingredients except rice.
- Add water and boil the ingredients then, add rice slowly with continuous stirring and cook the millet rice.
- Serve hot.

PULIYOTHARAI MIX

Ingredients

Kodo millet rice	- 150g
little millet rice	- 150g
barnyard millet rice	- 150g
fox tail millet rice	- 150g
Tamarind water	- 50g
Dried chillies	- 50g
Bengal gram	- 100g
Black gram dhal	- 100g
Turmeric powder	- 10g
Asafoetida	- a pinch
Salt	- as required
Oil	- as required

Method of preparation

- Seasoned the ingredients and add the tamarind water and continuously boil to make a puliyotharai paste.
- Cook the millets rice and add the puliyotharai paste with gingelly oil

BIRIYANI MIX

Ingredients

Kodo millet rice	- 150g
little millet rice	- 150g
barnyard millet rice	- 150g
fox tail millet rice	- 150g
Carrot	- 50g
Beans	- 50g
Peas	- 50g
Onion	- 50g
Tomato	- 50g
Curry leaves	- 20g
Chilly powder	- 25g
Cloves	- 5g
Garlic	- 10g
Ginger	- 20g
Turmeric powder	- 10g
Mint leaves	- 50g
Salt	- as required
Oil	- 10ml

Method of preparation

- Fry all the ingredients except rice.
- Add water and boil the ingredients then, add rice slowly with continuous stirring and cook the millet rice.
- Serve hot.

SNACKS

VADA

Ingredients

Finger millet rice	- 100 g
kodo millet rice	- 100 g
little millet rice	- 100 g
barnyard millet rice	- 100 g
fox tail millet rice	- 100 g
Bengal gram dhal	- 250 g
Onion (chopped)	- 150 g
Green chillies (chopped)	- 80 g
Curry leaves	- 20 g
Salt	- as required
Oil	-as required

Method

- Soak small millet rice and bengal gram dhal for 4 hours and grind coarsely to thick consistency.
- Mix all the ingredients into the batter.
- Form the mixture into round shapes.
- Deep fry the dough in hot oil till they turn to golden brown colour.
- Serve hot with chutney.

PAKODA

Ingredients

Finger millet flour	- 150g
kodo millet flour	- 150g
little millet flour	- 150g
barnyard millet flour	- 150g
fox tail millet flour	- 150g
Onion (chopped)	- 150 g
Green chillies (chopped)	- 50 g
Cumin seeds	- 30 g
Curry leaves	- 20 g
Salt	- as required
Water	- as required
Oil	- for frying

Method

- Mix all the ingredients to the flour and make it into thick dough with required water.
- Deep fry the dough in hot oil in different shapes.
- Serve hot.

RIBBON PAKODA

Ingredients

Finger millet flour	- 180 g
kodo millet flour	- 180 g
little millet flour	- 180 g
barnyard millet flour	- 180 g
foxtail millet flour	- 180 g
Butter	- 50 g
Chilli powder	- 30 g
Sesame seeds	- 20 g
Salt	- as required
Oil	- for frying

Method

- Mix all the ingredients to the flour with required water and make it into thick dough.
- Extrude the dough in a hand extruder.
- Deep fry in hot oil till they turn into golden brown colour.

OMAPODI

Ingredients

Finger millet flour	- 160g
kodo millet flour	- 160g
little millet flour	- 160g
barnyard millet flour	- 160g
fox tail millet flour	- 160g
Rice flour	- 160g
Chilli powder	- 20g
Pepper powder	- 20g
Salt	- as required
Water	- as required

Method

- Mix together small millet flour rice flour and sieve.
- Add the remaining ingredients with water to get thick dough like consistency.
- Extrude the dough in a hand extruder through omapodi dye.
- Deep fry the extruded omapodi till they turn golden brown colour

MURUKKU

Ingredients

Finger millet flour	- 170 g
kodo millet flour	- 170 g
little millet flour	- 170 g
barnyard millet flour	- 170 g
foxtail millet flour	- 170 g
Chilli powder	- 30 g
Sesame seeds	- 30 g
Cumin seeds	- 20 g
Asafoetida powder	- 20 g
Butter	- 50 g
Salt	- as required
Water	- as required
Oil	- for frying

Method

- Add all the ingredients to the flour and mix uniformly.
- Prepare thick dough by adding required water.
- Extrude the dough in hot oil using a hand extruder.
- Deep fry in hot oil till it turns to golden brown colour.

THATTU VADAI

Ingredients

Finger milletflour	- 160 g
kodo milletflour	- 160 g
little millet flour	- 160 g
barnyard millet flour	- 160 g
foxtail millet flour	- 160 g
Black gram flour	-100g
Roasted bengal gram flour	- 50 g
Chilli powder	- 30 g
Butter	- 10 g
Curry leaves	- 10 g
Salt	- as required
Oil	- as required

Method

- Add all the ingredients to the flour and mix thoroughly.
- Prepare thick dough by adding required water.
- Flatten the dough to thin round shapes on a polythene sheet.
- Deep fry it in hot oil till they turn golden brown.
- Allow it to cool and pack in air tight containers.

SEEDAI

Ingredients

Kodo millet flour	-120g
little millet flour	-120g
barnyard millet flour	-120g
finger millet flour	-120g
fox tail millet flour	-120g
Black gram dhal	-200g
Jaggery	-200g
Cardamom	- as required
Ghee	- to fry
Sesame	- as required
Water	- as required

Method

- Roast the black gram dhal in hot pan and grind it.
- Mix the roasted millet rava with the black gram flour.
- Add powdered cardamom and sesame to the flour mix.
- Make sugar syrup and mix with the flour.
- Make small balls and fry it in hot oil or ghee.

Extruded and flaked products

VERMICELLI

Ingredients

Finger millet	- 140g
kodo millet	- 140g
little millet	- 140g
barnyard millet	- 140g
fox tail millet	- 140g
Refined wheat flour	- 300g
Water	- 300 ml
Salt	- as required

Method of preparation

- Refined wheat flour and millet flour blends were sieved in a BS60 mesh sieve, steamed for minutes, cooled and sieved again.
- Flour was filled in the mixing compartment of the pasta making machine and blended with water and salt for 30 minutes.
- The vermicelli was steamed for 5 minutes and dried in a cabinet drier at 60°C for 6 hours.
- The dried vermicelli was used in the preparation of variety of dishes.

FLAKED UPMA

Ingredients

Flaked finger millet	150
kodo millet flakes	150
little millet flakes	150
barnyard millet flakes	150
Foxtail millet flakes	150
Onion	-250g
Green chillies	- 15g
Bengal gram dhal	- 3g
Mustard seeds	- 3g
Curry leaves	-2g
Oil	- as required
Salt	- as required

Method

- Soak the millet flakes in water for 15 minutes and drain excess water.
- Season with mustard seeds, black gram dhal, curry leaves, onion and green chillies.
- Add the millet flakes and salt to it and cook for 5 minutes.
- Serve hot.

BAKERY PRODUCTS

BREAD

Ingredients

Refined wheat flour	- 800g
Finger millet flour	- 40g
kodo millet flour	- 40g
little millet flour	- 40g
barnyard millet flour	- 40g
fox tail millet flour	- 40g
Sugar	- 170g
Fat	- 20 g
Salt	- 20g

Yeast liquid

Sugar	- 10g
Warm water	- 500ml
Yeast	- 30g

Method

- Prepare yeast liquid by dissolving sugar in water. Sprinkle the yeast. Leave for 10-15 minutes until fluffy.
- Rub fat into flour, add salt and yeast liquid. Prepare dough.
- Turn onto lightly floured board and knead till soft and elastic (20 minutes for kneading).
- Cover and leave to rise. Remove and knead lightly. Grease 2 bread tins.
- Divide dough into two. Stretch each piece as oblong, the same width as tin and fold over in three.
- With the seam underneath, smooth over top, tuck in ends and place in tin.
- Place in a covered vessel leave to rise (20 to 30 minutes).
- Bake in a very hot oven for 30 to 40 minutes at 200°C.

BREAD ROLL

Ingredients

Refined wheat flour	- 800g
Finger millet flour	- 40g
kodo millet flour	- 40g
little millet flour	- 40g
barnyard millet flour	- 40g
fox tail millet flour	- 40g
Dalda	- 20 g
Salt	- 15g

Yeast liquid

Sugar	- 190 g
Warm water	- 500ml
Yeast	- 25 g

Method

- Prepare bread dough used for preparing rolls.
- Divide dough into 60g pieces.
- Roll into various shapes.
- Place on greased trays and leave to rise (30 minutes).
- Glaze and bake in hot oven for 15 to 20 minutes.

BUN

Ingredients

Refined wheat flour	- 800g
Finger millet flour	- 40g
kodo millet flour	- 40g
little millet flour	- 40g
barnyard millet flour	- 40g
fox tail millet flour	- 40g
Water	- 500ml
Milk powder	- 25g
Yeast	- 20g
Sugar	- 200g
Salt	- 15g
Fat	- 30g

Method

- Yeast liquid: yeast with little warm water and pinch of sugar.
- Mix sugar and salt in the remaining milk.
- Mix flour, milk powder and make a well in the centre.
- Add soften yeast froth and sugar and salt mixed water.
- Knead to soft dough. Incorporate fat while kneading.
- Leave the dough for proofing. Knock back and knead lightly.
- Divide into 60g balls and leave it for rising.
- Glaze it with egg and bake at 200°C for 10 to 15 minutes.

COOKIES

Ingredients

Finger millet flour	- 200g
kodo millet flour	- 200g
little millet flour	- 200g
barnyard millet flour	- 200g
fox tail millet flour	- 200g
Fat	- 400g
Sugar	- 250g
Baking powder	- ¼ teaspoon

Method

- Sieve flour with baking powder.
- Cream fat and sugar till light and fluffy.
- Sieved flour is mixed to the above cream.
- Make smooth dough necessary.
- Sheet the dough and cut with the cookies cutter.
- Bake at 160°C for about 15 minutes.

CAKE

Ingredients

Finger millet flour	- 40g
kodo millet flour	- 40g
little millet flour	- 40g
barnyard millet flour	- 40g
fox tail millet flour	- 40g
Refined wheat flour	- 400g
Sugar	- 800g
Fat	- 800g
Egg	- 21 no.
Vanilla essence	- 50 ml
Baking powder	- ¼ teaspoon

Method

- Sieve flour and baking powder twice.
- Cream fat and flour till light and fluffy.
- Beat the egg and sugar with vanilla essence.
- Prepare cake batter.
- Pour it in the tins and bake at 190°C for 20 minutes.

DOUGH NUT

Ingredients

Refined wheat flour	- 300g
Finger millet	- 60g
kodo millet flour	- 60g
little millet flour	- 60g
barnyard millet flour	- 60g
fox tail millet flour	- 60g
Sugar	- 250g
Dalda	-75g
Milk	- 70ml
Egg	-1 No.
Baking powder	-1 teaspoon
Salt	- ¼ teaspoon
Nutmeg	- ¼ teaspoon
Cinnamon	- ¼ teaspoon

Method

- Warm the water, add sugar and sprinkle yeast on the top.
- Allow it to rise for 10 minutes.
- Mix warm milk, sugar and salt. Sieve flour and make a hollow centre.
- Add egg, yeast liquid, sugar and salt.
- Add milk and prepare soft dough.
- Mix fat while kneading.
- Allow it to rise to a double volume for one hour.
- Roll out 1.3rd of an inch. Cut with a doughnut cutter.
- Fry in medium heated oil till golden brown in colour.
- Roll in powdered sugar.

INSTANT MILLET MIXES

Preparation of quick cooking millets

- ❖ Clean, wash and pearl the millets
- ❖ Dry the grains in a cabinet drier at 60°C for hours
- ❖ Pack the dried grains in airtight bags/ containers

Preparation of dehydrated vegetables

- ❖ Select fresh and firm vegetables
- ❖ Wash the vegetables in running tap water
- ❖ Cut the vegetables into small pieces of uniform size
- ❖ Steam blanch all the vegetables for 3-5 minutes except onion and tomatoes
- ❖ Dry all the vegetables in cabinet drier at 60°C for 6 hours separately
- ❖ Pack the dehydrated vegetables separately in air tight bags/containers
- ❖ Use as required for the recipe

Preparation of small millet flour

- ❖ Clean, wash the small millets.
- ❖ Dry the grains in a cabinet drier at 60°C for six hours.
- ❖ Pack the dried grains in airtight bags/ containers.
- ❖ Grind the dried grains to powder in a pulverizer.
- ❖ Sieve the flour through BS36 sieve.

HALWA MIX

Ingredients

Finger millet flour	- 70 g
kodo millet flour	- 70 g
little millet flour	- 70 g
barnyard millet flour	- 70 g
fox tail millet flour	- 70 g
Sugar	- 400 g
Milk	- 100ml
Orange colour	- 1 pinch
Cashew nuts	- 50 g
Ghee	- 100 g

Instant mix

- Mix all the ingredients thoroughly except milk and ghee.
- Pack in airtight polythene bags/containers.

Preparation

- ❖ Add millet halwa mix in milk.
- ❖ Mix thoroughly without lumps.
- ❖ Melt butter in a hot tawa.
- ❖ Cook the mix in low flame by adding ghee with continuous stirring.
- ❖ Cook, till the mix does not stick to the sides of the pan.
- ❖ Spread on a greased tray, allow it to cool.
- ❖ Decorate with roasted cashew nuts.

PAYASAM MIX

Ingredients

kodo millet vermicelli	- 100 g
little millet vermicelli	- 100 g
barnyard millet	- 100 g
vermicelli	- 100 g
fox tail millet vermicelli	
Sugar	- 400 g
Milk	- 100 ml
Cashewnut	- 50 g
Raisins	- 50 g
Ghee	- as required
Cardamom	- 10 no.

Instant mix

- ❖ Mix all the ingredients thoroughly, except milk and ghee.
- ❖ Pack in airtight bags/containers.

Method

- ❖ Add millet vermicelli and sugar to boiling milk.
- ❖ Cook for 10-15 minutes.
- ❖ Fry cashew nuts, raisins and powdered cardamom in ghee and decorate the payasam.

RIBBON PAKODA MIX

Ingredients

Finger millet flour	- 150g
kodo millet flour	- 150g
little millet flour	- 150g
barnyard millet flour	- 150g
fox tail millet flour	- 150g
Bengal gram flour	- 130 g
Chilli powder	- 20 g
Sesame seeds	- 50 g
Butter	- 50 g
Salt	- as required
Oil	- as required

Instant mix

- Mix all the ingredients thoroughly.
- Pack in airtight bags/containers.

Method

- Mix the millet pakoda mix with hydrogenated fat and required amount of water.
- Press the dough in a hand extruder using ribbon pakoda shape dye.
- Deep fry in hot oil till they turn into golden brown colour.

OMAPODI MIX

Ingredients

Finger millet flour	- 140g
kodo millet flour	- 140g
little millet flour	- 140g
barnyard millet flour	- 140g
fox tail millet flour	- 140g
Bengal gram flour	- 300 g
Salt	- as required
Oil	- as required

Instant mix

- Mix all the ingredients thoroughly.
- Pack in airtight bags/containers.

Method

- Mix the millet omapodi mix with hydrogenated fat and required amount of water.
- Press the dough in a hand extruder.
- Fry in hot oil till they turn golden brown colour.

MURUKKU MIX

Ingredients

Finger millet flour	- 150g
kodo millet flour	- 150g
little millet flour	- 150g
barnyard millet flour	- 150g
fox tail millet flour	- 150g
Bengal gram flour	- 130 g
Chilli Powder	- 20 g
Sesame seeds	- 50g
Butter	- 50 g
Salt	- as required
Oil	- as required

Instant mix

- Mix all the ingredients thoroughly.
- Pack in airtight bags/containers.

Method

- Mix the millet murukku mix with hydrogenated fat and required amount of water.
- Press the dough in a hand extruder using required murukku shape dies in oil (180°C).
- Deep fry them in medium flame till they turn golden brown colour.

VADA MIX

Ingredients

Finger millet flour	- 120g
kodo millet flour	- 120g
little millet flour	- 120g
barnyard millet flour	- 120g
fox tail millet flour	- 120g
Bengal gram flour	- 300 gm
Onion	- 50 gm
Green chillies	- 20 gm
Curry leaves	- 30 gm
Salt	- as required
Oil	- as required

Instant mix

- Mix all the ingredients thoroughly.
- Pack in airtight bags / containers.

Method

- Mix the vada mix with required water to a thick dough consistency.
- Make small round balls; press to flatten on a greased polythene sheet.
- Remove and deep fry in oil, till they turn golden brown in colour.

VADAGAM

Ingredients

Finger millet flour	- 180g
kodo millet flour	- 180g
little millet flour	- 180g
barnyard millet flour	- 180g
fox tail millet flour	- 180g
Chilli powder	- 50 g
Cumin seeds	- 50 g
Salt	- 20 g
Water	- 6000 ml

Method

- Add chilli powder, cumin seeds and salt to the flour.
- Mix with water to get thick batter.
- Drop the batter in greased plates using a spoon.
- Allow it to sun dry.
- Pack the dried vadagam in air tight bags or container.
- Deep fry the vadagam in hot oil when required.

HEALTH MIX

Ingredients

Wheat	- 200g
Kodo millet	- 200g
Little millet	- 200g
Foxtail millet	- 200g
Fingermillet	- 200g
Whole green gram	- 100g
Whole Bengal gram	- 20g
Whole soya beans	- 20g
Sugar	- 100g
Peas (dried)	- 20g
Groundnut	- 20g
Almonds	- 20g
Cashew	- 20g
Dried ginger	- 5 g
Cardamom	- 2 g
Milk powder	- 20g

Preparation of malt

- Soak different types of grains overnight separately
- Then wash the grains with tap water and pack loosely in a cloth and keep it for germination.
- The germinated grains are dried in sun light or cabinet drier at 60°C for 6 hours separately
- Remove the sprouts, roast and flour finally using pulverizer.
- Grind all the ingredients.
- Mix all different flours and add sugar, cardamom powder for taste.
- Add this mixture in warm water or milk.
- Mix well and make nutritious balls.